

Nutrition and Wellness

Career Cluster	Human Services
Course Code	19253
Prerequisite(s)	none
Credit	.5
Program of Study and Sequence	Foundation course – Introduction to Human Services – Relationships Across the Lifespan – Nutrition and Wellness – additional pathway course – capstone experience
Student Organization	FCCLA, Skills USA
Coordinating Work-Based Learning	Work Based Learning: Workplace Tours, Service Learning
Industry Certifications	First Aid, CPR
Teacher Certification	Hospitality & Tourism Cluster Endorsement; Restaurant and Food Service Management Pathway Endorsement; Human Services Cluster Endorsement; FACS Endorsement; FACS Education
Resources	Academy of Dietetic and Nutrition, USDA, MyPlate (current government guidelines) National Wellness Institute , FCCLA Student Body Program, FCCLA Nutrition and Wellness STAR Event.

Course Description:

Nutrition and Wellness educates students to make healthy lifestyle choices for personal, family, and career success across the lifespan. Topics include the impact of technology on nutrition, food choices, wellness and stress management, meal planning and preparation, dietary guidelines, and food safety and sanitation practices.

Program of Study Application

Nutrition and Wellness is a pathway course in the Human Services career cluster, Personal Care Services, Family and Community Services/Mental Health Services and Early Childhood Development and Services pathways. A student would participate in Introduction to Human Services prior to participation in this course. Nutrition and Wellness prepares a student to participate in additional pathway courses in the personal care services, family and community services/mental health services, or early childhood development and services pathways.

Course Standards**NW 1 Evaluate factors that influence nutrition**

<i>Webb Level</i>	<i>Sub-indicator</i>	<i>Integrated Content</i>
Three Strategic Thinking	NW 1.1 Investigate the impact of technology and media on food and health practices.	Integrate information on eating disorders, looking at advertisements for foods and drinks
Four Extended Thinking	NW 1.2 Analyze the effects of psychological, cultural, economic and social influences on food choices and other nutrition practices.	price comparison, couponing, economic shopping component, fasting, cleansing, purging , food desserts, food scarcity
Two Skill/Concept	NW 1.3 Determine the effects of nutrition on health, appearance, and peak performance.	example: look at sugars and processed food, malnutrition,

Notes:

NW 2 Evaluate the needs of individuals and families in relation to health, nutrition, and wellness across the lifespan

<i>Webb Level</i>	<i>Sub-indicator</i>	<i>Integrated Content</i>
One Recall	NW 2.1 Identify dimensions of wellness	Examples include: occupational, social, intellectual, emotional, spiritual, physical
Four Extended Thinking	NW 2.2 Apply current dietary guidelines to meet nutrition and wellness needs.	Example: look at food label, food journaling, individualized meal plans, consider differences in diets based on age (by doing case studies or scenarios), Dietary Guidelines for Americans, American Academy of Pediatrics
One Recall	NW 2.3 Describe the effect of physical activity on health, appearance, and peak performance.	Fitness plan, activity level such as athlete or competitor, healing or recovery, and general wellness and exercise.
Four Extended Thinking	NW 2.4 Analyze the effects of food and diet fads, food addictions, and eating disorders on wellness.	Examples: Documentary Thin, binge eating disorder

Notes:

NW 3: Evaluate factors that affect food safety.

<i>Webb Level</i>	<i>Sub-indicator</i>	<i>Integrated Content</i>
Four Extended Thinking	NW 3.1 Apply practices to promote safe food handling.	Proper handwashing and cross contaminations.
One Recall	NW 3.2 Describe food borne illness that cause health issues.	Food borne illness reports, newscasts, basic research.

Notes:**NW 4: Demonstrate ability to acquire, handle, and utilize foods to meet nutrition and wellness needs of individuals and families across the life span.**

<i>Webb Level</i>	<i>Sub-indicator</i>	<i>Integrated Content</i>
Two Skill/Concept	NW 4.1 Plan and prepare a meal incorporating nutritional guidelines.	Lab experiences, prepare meals for individuals and family, USDA portion control guidelines, special needs diets or dietary restrictions
Two Skill/Concept	NW 4.2 Demonstrate ability to select, store, prepare, and serve nutritious and aesthetically pleasing foods.	Safe handling, heating and cooling of foods, storing and reading labels on food (refrigerate after opening)

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Two Skill/Concept	NW 4.3 Use kitchen tools and equipment in a proper and safe manner.	Knife skills, select proper equipment for task at hand (such as selecting liquid measuring cups vs. dry measuring cup)
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